What’s On:

- School Development Day Fri 1st March
  NO STUDENTS
- Labour Day Public Holiday Mon 4th March
- Assembly Y5 Fri 8th March @ 9:00
- Bullying No Way Day Thurs 14th March
- Interschool Swimming Carnival Fri 15th March
Our Kindergarten and Pre-Primary students have now been at school for just over three weeks and have settled in so well. Starting primary school is a major milestone for a child. The first years are an exciting and engaging time. Building positive relationships and experiences in the early years is important to long-term development, learning and wellbeing.

For parents of early childhood students
How your child reacts to starting school will depend on their personality, their previous experience and how prepared they were for this next big step in their lives. By now they’ll probably be responding to school in a variety of ways and most children will be experiencing some change – after all they’ll be learning, playing and interacting with new people and getting used to a whole new environment – and it may take some of them time to settle in.

Welcome to our new families
We have welcomed many new families to our school community over the past few weeks. It is wonderful to meet new families and children and share their sense of excitement and nerves as they embark together on a new journey. Most pleasing has been the welcoming hand from our students who have been eager to show the ropes and befriend our new Bindoon kids. We welcome warmly all of our new families to Bindoon.

School Board 2019
At the end of 2018 parent nominations were called to fill two vacancies on the school board. Two parent nominations were received and accepted and as such no election process was required. We are delighted that Mrs Tamieka Preston will continue for her second term and Mr Doug McGhee will join the board for the two-year period. We thank them both for their interest in being involved in school governance and improvement.

We were also required to elect two staff representatives to the board. Miss Katy Fulkier and Mrs Taryn Willock were the successful nominees and will also take up a two-year term on the board.

The board will be meeting very soon to elect a new Chairperson and consider community representatives to join this dynamic group of people on the board.

Parent Learning Helpers and Class Representatives
It would be great to see parents who are willing to volunteer to take on either or both of the above roles. We really value the partnership between home and school and encourage parents to be part of their child’s education and be involved in our school community.

Please let your child’s classroom teacher know if you are able to be a Parent Learning Helper. Parent Learning Helpers are called upon by the teacher when volunteers are required in the class. Please notify your child’s teacher if you are interested. The Class Representative is an important link between the teacher and parents. The role supports the teacher in communicating to other parents, enlisting help for class or school events, assist the teacher in organising class events and welcoming new parents to the school. Please make contact with your child’s teacher if either or both of these roles you can support.

NAPLAN
Parents of year 3 and 5 students are able to request an exemption for their child from sitting part or all NAPLAN assessments. The exemption period is now open and requires parents/carers to contact Mr Luke to complete the required documents. Any questions regarding NAPLAN can be directed to the child’s teacher. NAPLAN will take place from 14-16 May.

School Development Day
Students do not attend on Friday 1st March as staff will be involved in professional learning. All staff will be engaged in Positive Behaviour Support training as we embed our new positive behaviour strategies across the school. We have been delighted with the response by children to our new bee characters, expectations, strategies and incentives as we implement our approach for positive behaviour school wide.

“Tell us” interviews
We appreciate parents who have taken the opportunity to meet with their child’s teacher to discuss any social or emotional issues we need to be aware of. This short meeting enabled a parent to share any concern around the important social and emotional area that may impact on the child’s success or mindfulness at school. If you wish to share information with your child’s teacher about a social and emotional issue, please make time for an appointment.

I am extremely disappointed that I will be missing the school swimming carnival this year as I will be attending a briefing with the newly appointed Director General, Mrs Lisa Rodgers. I look forward to the positive impact on education in WA Mrs Rodgers will make. I will communicate any relevant key messages from Mrs Rodgers to the community in future newsletters. I am sure everyone will have a great day at the carnival and Splash and Happy afternoon.

Glen Bewick
Principal
School Diary

Please note that there are some printing errors in this year’s diary. In the day planners the dates of Easter and ANZAC holidays are incorrect. These public holidays are during the school holidays this year and the term planners at the front of the diary show correct term dates.

We apologise for any confusion.

Voluntary Contributions and Charges 2019

Contributions and charges for this year are now due:

K-6 Voluntary Contributions $60
Student Diary $5
Prime Maths Workbooks
  Y1 $27
  Y2 $27
  Y3 $27
  Y4 $18
  Y5 $18
  Y6 $18

Payment can be made at the office or into school bank account:
BSB 633000
Account 1334 37343

Thankyou for your prompt payment.

2-3 March 50 Years of Racing

All Classes Racing
Park & View Grid Walks
Kids Entertainment

WASC.com.au Ph: 9306 8022.

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Building resilience through mindfulness

Resilience is a person’s ability to cope with stressful events and bouncing back after the difficult times. It also helps mental wellbeing, in particular, dealing with stress and anxiety.

One way of building resilience is focusing on managing and responding to emotions in a healthy and positive way.

Mindfulness focuses on the present, what is going on inside you and your surroundings. Practising mindfulness can help your child pay attention to their thoughts and feelings in the moment, and manage them effectively.

Alongside mindfulness training, use the examples below to help your child voice, respond to and manage emotions:

- Use open-ended questions with your child
- Encourage your child to talk about feelings
- Acknowledged when your child is distressed
- Help your child regulate emotions
- Talk to your child about preparing for events
- Help your child to realise that difficult times are a part of life

For more information about building resilience in children visit https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience or contact your local School Health Nurse.

Quick Tip

Prepare children for big life events that may be stressful by building their coping skills and resilience. Mindfulness training can help your child recognise thoughts and feelings they experience during a stressful event. Taking control of their thoughts and feelings can help reduce stress and anxiety.

Try these free mindfulness apps: Smiling Mind, DreamyKid and Headspace.

Head lice

Head lice are small biting insects that live and breed on your head. They reproduce by laying eggs on the hair shaft, the part of your hair closest to the scalp. Head lice are spread between people when head-to-head contact, such as hugging and playing, is made with someone who does have head lice.

Head lice can cause an itchy feeling on your head, although this itchiness may take weeks to develop and some may not experience this symptom at all. In most cases, you will need to look at the hair to see if lice are present.

Checking for head lice

Head lice can move very quickly and be hard to spot in dry hair.

To check for head lice:

- Know what you are looking for. Adult lice are usually dark brown and about 3 mm long, young lice are a lighter brown colour and smaller, and eggs will be attached to the hair shaft.
- Comb plenty of conditioner (any brand) through dry hair and comb hair in sections using a very fine-tooth ‘nit comb’.
- Wipe the waste from the comb on a white paper towel regularly and inspect for lice and eggs in strong light e.g. sunlight.

If head lice are found, check the rest of the family at home for lice and inform your school. Start a treatment method and once completed, continue to check hair weekly for further outbreaks.

For more information about head lice treatment see https://healthywa.wa.gov.au/Articles/S_T/Treating-head-lice

Quick Tip

Head lice can be easily spread between children at school, so remind your child to avoid head-to-head contact. To prevent outbreaks, check hair regularly for head lice and eggs, tie long hair back and avoid sharing combs and brushes.